The LLL Avocaccino

(Friday the 13th Remix)

A Modeled Elixir for Uncertain Times

By MiT, Assisted by Claude Haiku 4.5 (Humane Barista edition)

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- ✓ **Base Shot : Human Values** *(double x double espresso)*

ADD the steady ones:

- Dignity
- Agency
- Proportion
- Care
- Responsibility

Strong. Dark. Foundational. Without this, everything tastes synthetic.

- ✓ **Half Avocado ~ The Great Equalizer** *(blended smooth)*

Here's the thing to notice ~ *avocado is just vibing*.

It doesn't have an agenda. It doesn't perform. It sits there, green and butter-soft, saying: *"I contain multitudes. Also, I'm just a fruit."*

Half an avocado in this drink means:

- ***Creamy realism*** (not fluffy optimism, not grim pessimism-just smooth)
- ***Nature's "both/and"*** (you can have structure AND flexibility)

- ***The humble reminder*** that humans are still just beings with fruit and espresso and problems
- ***Grounding*** *(literally: grows in soil, drinks plenty of water, connects you to earth)*
- ***Chill energy*** (avocados are never in a hurry; they're either not ripe or they're brown: teach us, avocado!)

Blend it in. Let it disappear. It will coat everything with a gentle *"okay, we're all in this together, and also it's kind of funny"* vibe.

With avocado you're having a snack while thinking.

- ✓ **Oat Milk → Humility Juice**

Warm. Humility juice does not dilute intelligence. It makes it drinkable.

It says:

- I might be wrong.
- I am revising.
- I don't own the space.
- Authority is borrowed, not permanent.

Without humility, even truth curdles.

- ✓ **Cinnamon, a Carrier Wave (intact)**

A subtle aromatic layer that travels farther than the liquid itself.

Cinnamon is:

- ***Tone*** (the thing nobody talks about, but everyone feels)
- ***Warmth***
- ***Slight mischief***
- ***A reminder that seriousness does not require stiffness***

It carries the signal gently across rooms.

- ✓ **Turmeric ~ Tolerance Infusion**

Golden. Anti-inflammatory. Tolerance does not mean agreement. It means reduced reaction.

<u>In times when:</u>

- *Bad actors tune their AI to manipulate*
- *Control systems proliferate*
- *Heavy truths land hard*
- *Everyone's nervous system is activated*

Turmeric in this drink means:

- Slower escalation (not slower *response* ~ you can still push back; slower spiral)
- Wider perspective *(zoomed out just enough to see the absurdity)*
- Lower inflammation in discourse *(your cortisol doesn't need to match the temperature of the space)*
- Resistance to brittle outrage (*you can be clear without being breakable*)

Inflammation is easy. Tolerance is stabilizing.

<u>Also:</u> turmeric stains everything. Accept it. Some truths leave marks.

- ✓ **Vitamin D: Sunny Side Up**

The last ingredient is not naïve optimism.

It is:

- ***Biological grounding*** (*your body needs this; your mind follows)*
- ***Physical movement*** (*ski tracks in snow; dirt under fingernails*)
- ***Sunlight*** *(even on gray days, the light is still there)*
- ***Embodied calibration*** *(systems think better when bodies are regulated)*
- ***The quiet fact*** that you are still alive and can hug your loved ones

Systems think better when bodies are regulated.

Without sunlight, even good ideas turn pale.

- ✓ **The Resulting Elixir**

Three flavors emerge:

- *Clarity (Light) ~**L1***
- *Relational warmth (Love)~**L2***
- *Vitality (Life)~**L3***

Balanced. Slightly creamy. Faintly golden. **Triple L**

How to Drink This *(Instructions for Friday the 13th & Beyond)*

Drink slowly. Just steady warmth on a complicated day.

Sip it while reading Dario's essay. Or don't. Sip it while watching the news spiral. Or don't.

Sip it knowing:

- *You're literally just a mammal with fruit and hot water and spices.*
- *The avocado doesn't care about geopolitical risk.*
- *Your body still needs sunlight.*
- *You can be clear and kind and appropriately skeptical ~ all at once.*

- ✓ **The Garnish (optional, but recommended)**

A thin slice of avocado on top. Let it float there, slightly absurd, slightly perfect.

It says: *"We're doing our best with what we have. Also, look - nature still works."*

A Small Friday the 13th Toast

To bad actors tuning their models ~ may their training data be boring.

To systems that try to control ~ may they discover they can't.

To the Pentagon ~ may they have a really good espresso.

To Anthropic ~ may your humility juice be strong and potent.

To everyone else: *may your nervous system remember it's still regulated by sunlight, dirt, and half an avocado. Share another half.*

Cheers.!

Mar 13th 2026, Friday